

THIS WOMAN'S SICKNESS

Quickly Yielded To Lydia E. Pinkham's Vegetable Compound.

Baltimore, Md.—"I am more than glad to tell what Lydia E. Pinkham's Vegetable Compound did for me. I suffered dreadful pains and was very irregular. I became alarmed and sent for Lydia E. Pinkham's Vegetable Compound. I took it regularly until I was without a cramp or pain and felt like another person, and it has now been six months since I took any medicine at all. I hope my little note will assist you in helping other women. I now feel perfectly well and in the best of health."—Mrs. AUGUST W. KONNINER, 1632 Hollins Street, Baltimore, Md.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

For thirty years it has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, tumors, irregularities, etc.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Guide-Advocate

Watford, Ont.
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HARRIS & CO. PROPRIETORS

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WATFORD, NOVEMBER 20, 1914.

NOTE AND COMMENT

The British Empire is unscientific. It is unreasonable. But it is mighty with the greatness of its soul.—St. Louis Republic.

Soldiers can now be inoculated for smallpox, diphtheria, typhoid fever, tetanus, hydrophobia (in case a German should bite them), and they are now preparing a serum from a gangrene germ. If they keep on the surgeons will be able to inoculate them for bullets.

There is not at the present moment any more effective institution in the whole world of political fabrics than the British Empire. Whatever its machinery lacks appears to be supplied by its spirit. The defects of its body are made up for the unity of its soul.—St. Louis Republic.

There are already signs in Canada that the early panic exaggerated the seriousness of the situation. Unemployment in Toronto is less than was expected. There is little more than half the registration at the Civic Bureau that there was last year. It is true that the registration was made in January last year and

Every Woman
 is interested and should know
 the new Vaginal Spray
 MARVEL'S Whirling Spray
 The new Vaginal Spray. Best
 —Most convenient. It cleans
 instantly. Ask your
 druggist for it.

If the cannot supply the
 MARVEL, accept no other.
 we send money for changed
 not needed. It gives full partic-
 ulars and directions invariable to ladies.
 WINDSOR SUPPLY CO.
 Windsor, Ont. General Agents for Canada.

that the men have not been laid off from the building trades as yet, but the fact remains that there are only 6000 unemployed registered at present, instead of 30,000 as many predicted.—Toronto News.

The Saskatchewan Grain Growers' Association has just launched a patriotic appeal to its members, asking that they each set aside one acre of wheat next spring, the proceeds of which will go to the patriotic fund. Should this appeal meet the response anticipated, which is a foregone conclusion, it would involve a donation amounting to the value of from 750,000 to 1,000,000 bushels, or, conservatively, from \$750,000 to \$1,000,000. This is a donation really worth while.

There are physicians who say that smoking does no harm and that it is even an aid to digestion. There are others who declare it to be highly injurious. The former smoke; the latter do not. Most moderate men who have had the necessary experience believe that for a normal man to smoke in moderation is not harmful to him at all. All are convinced that tobacco should not be used by juveniles. As for the soldiers who are going to shoot and be shot at, it is a prejudiced person indeed, says an exchange, who would deprive them of a pleasure they have long enjoyed. Anything calculated to do physical harm to the men who have volunteered to fight their country's battles will surely not be allowed by those in authority.

Deafness Cannot Be Cured
 by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, Ohio.
 Sold by Druggists, 75c.
 Take Hall's Family Pills for constipation.

Make a Start and Get the Habit

Buying goods made in Canada is a good deal like getting married. It takes some people a long while to make up their minds to start. Then after they're settled down to house-keeping they wonder why they hadn't started long before. All it needs is a man buying the goods made by his fellow-citizens is for a man to take himself in hand and decide to do it. There is no doubt about being able to get the goods. If they are not on the dealer's shelves, they very soon will be when he finds out that people want to buy them. The only thing is to make a start; the rest will take care of itself. It may be only some small thing that a man buys without thinking to ask where it was made. That article having given satisfaction in itself as a piece of well-made merchandise, is also a double satisfaction in having become part of a man's new program. Next time an article of that kind is bought, the question naturally arises, "Was it made in Canada?" The act becomes a practice; and the habit spreading to other people injects life and stimulus into industry? Why not get the habit?

"Please Excuse Mary"
 Every teacher knows the value of punctuality and regular attendance at school, but parents sometimes show an ignorance or an indifference to the matter that seriously cripples the efficiency of the schools.

"Please let Robert come to-day after his recitations are over," runs the note that the teacher receives. Or, "Please excuse Mary for her absence yesterday; she had to go to the dressmaker," or "Please excuse Elizabeth for tardiness; she was out late to a party last night," or, "Please excuse my children the rest of the week; we are going to visit my sister."

When parents make such requests as these, the teacher is helpless, although she very well knows that if Robert does not study in school he will not study at all, and although she has her own ideas about late

hours for school children, and about taking days from school to visit dressmakers and aunts. Moreover, she knows that many of the excuses originate wholly with the pupils, and that the parents realize when they write the notes that the reasons are insufficient. Nowhere in life does "being on the job" count more than in school work. Even the brightest and most earnest pupils cannot get back all that they lose if they are frequently late, absent, or dismissed, although the bright and earnest pupils are better able to stand the loss than those who being less bright or less earnest, have lower scholarship marks. A perfect, or nearly perfect, record in school attendance is one of the best recommendations that a boy or girl can offer a prospective employer.

The actual loss in school work is not the whole of the story. Punctuality is a cardinal virtue, the habit of which is formed and fixed in early life or not at all. Parents do their children a positive injury when they belittle this virtue by condoning tardiness that is not absolutely necessary.

Parents and teachers can co-operate to no better purpose than in promoting prompt and regular attendance on the part of the children.
 —Dunville Chronicle.

Show Your Sincerity, Now That the Crisis is Upon Us

A prominent writer on economics has expressed himself recently (since the outbreak of the war) to the following effect:

"It is to be hoped (and beyond all doubt will be) that the policy of the Canadian people during the war will be an uncompromising and firm attitude against the purchase of all articles not made within the confines of Canada and the Empire.

"Since our very integrity and trade are assured only through Great Britain, it would be not only unpatriotic, but be rightly construed by all fair minded people, as knife thrust at the Mother Country did we patronize the manufacturers of other countries, even though they be neutral.

With all her foreign business with such countries as Germany, France, Russia, Serbia, Montenegro, and in fact all Europe, cut off suddenly, it is the duty of the Canadian people to make good this loss as far as in them lies. The Navy guarantees the safe delivery of our wheat and other products abroad, and we must see that these bottoms have cargoes of British products to come back to us. It is not necessary to boycott our manufacturers, but see to it where Canadian products are not obtainable that we purchase only British manufactures."

As a loyal British subject, in the sphere that you occupy, are you doing your part to this very necessary end?
 Remember that it is as necessary to keep the British factories open at this time as it is to contribute to the war fund, as the business man has to supply the sinews of war.

A pleasant medicine for children is Mother Graves' Worm Exterminator, and there is nothing better for driving worms from the system.

Mr. Bert Pilkey came across a perfect Indian bone needle one day recently near the river on the lat. con., Bosanquet. It is about six inches long and is a perfect specimen of the primitive utensils used by the aborigines.

Constipation--the bane of old age is not to be cured by harsh purgatives; they rather aggravate the trouble. For a gentle, but sure laxative, use Chamberlain's Stomach and Liver Tablets. They stir up the liver, tone the stomach and bowels just like an internal bath.



CHAMBERLAIN'S TABLETS

Woman's best friend. From girlhood to old age, these little red health restorers are an unfailing guide to active living and a clean, healthy, normal stomach. Take a Chamberlain's Stomach Tablet at night and the sour stomach and fermentation, and the headache, have all gone by morning.

All druggists, 50c., or by mail from Chamberlain Medicine Company, Toronto 12

Be Loyal To Your Own Community

WHY BUY AT HOME?

Because our interests are here.
 Because the community that is good enough for us to live in is good enough for us to buy in.
 Because we believe in transacting business with our friends.
 Because we want to see the goods we are buying.
 Because we want to get what we buy when we pay for it.
 Because some part of every dollar we spend at home stays at home and helps work for the welfare of our home town.
 Because the home man we buy from stands back of the goods, thus always giving value received.
 Because the man we buy from pays his share of the taxes.
 Because the man we buy from helps to support our poor and needy, our schools, our churches and our homes.
 Because, when luck, misfortune or bereavement comes, the man we buy from is here with his kindly expressions of greeting, his words of cheer, and, if need be, his pocketbook.
 Let us make Watford a good place in which to work and live.
 It's easy and certain if every one will contribute his share.



Just Sit Back and Think.

Is business quiet? Then study the possibilities of your telephone. Just now it can prevent business slowing up and at the same time effect some real economies.

As a salesman, the long distance telephone is unequalled. It enables you to get in touch with customers and by a wise word dispel their uneasiness. You can keep them posted on prices and possibly dissuade them from curtailing their orders. In countless ways your telephone can help you.

Study the possibilities of your telephone yourself. Its use in your business may be different from its use in other lines, and the saving in travelling expense, time and labor is a great factor.

Every Bell Telephone is a Long Distance Station.



The Bell Telephone Co. OF CANADA.

CHOPPING AND OAT ROLLING

OUR TWO CHOPPERS AND OAT ROLL are in operation. We can give the Farmer THE BEST SERVICE in the Dominion; THE BEST WORK, as we have the power with which to do it, AT THE LOWEST PRICE.

WATFORD PLANING MILLS
 ESTABLISHED 1870.
 GEORGE CHAMBERS

Nothing

IN HOUSE FURNISHING most popular goods in our Bedroom, Dining Room or Profits but aim to supply Good Value. Let us show you factored obtained on short notice.

Agents For MASON & RISCO PIANOS, GRAMOPHONES, STRING INSTRUMENTS, SHEET MUSIC, EDISON RECORDS, &c., and all kinds of repairs.

Our Prices are right, as low as possible.

HARP

FINE FURNITURE MUSIC

The Same Old Falsehood

The German War Office has issued a statement that this war was menaced by the Russians who attacked the Turkish fleet on leaving Bosphorus. This is in accord with Bernhardt's book, which is the man prayerbook. He says it was desirable to get the part mean to attack to appear to the war. In this case as in others the appearance is not a pure lie, but a lie which waxes from the hiring pulp Berlin. Here is a specimen of production of the Kaiser's Court preacher, Dr. Dryander two other Court theologians; will utter no criticism upon Russian Mongol-Asiatic polibrigands, nor on the passiveness fostered among the notwithstanding all our efforts make friends with them. I must say plainly that toward English policy and those who responsible for it we can have other feelings than those of wrath and moral contempt. In their power to prevent war out the very show of an ideal and solely for money's sake to murderously from behind friendly nation to which the united by ties of race, faith and culture. They stamped upon own moral worth by spitting heathen Japanese to a camp robbery, and by leading niggers against us."

The British Moslem

There has been natural amazement at the response of the million Mahomedans to a call to the aid of a Mahomedan which has long claimed sway over the Mahomedans. The Germans are known to emissaries among them so far. It is the most impudent that has ever been put on the face of an Empire which not on rule by force, but on ally of its peoples. So known the Moslems of India to their own Emperor praying at their mosques for the British Mahomedans, it is found that this conduct Sublime Porte by a repudiation power is generally considered British Mahomedans, it is fine triumph for the Empire.

What "Bobs" Would No

Field Marshal Lord Roberts failed signally in his effort Great Britain to prepare a beforehand for the war upon us is not at all desirous to the outcome of the correspondent of the London Tribune, who managed an interview with him in London. He wished to ask "Bobs" in his opinion would be on the future of America should win. But he got than the opening sentence pose that Germany wins he began. Lord Roberts told, bristled up at once and remarked: "I will do anything of the sort."